

Passing, combination play & shooting

Practice organisation

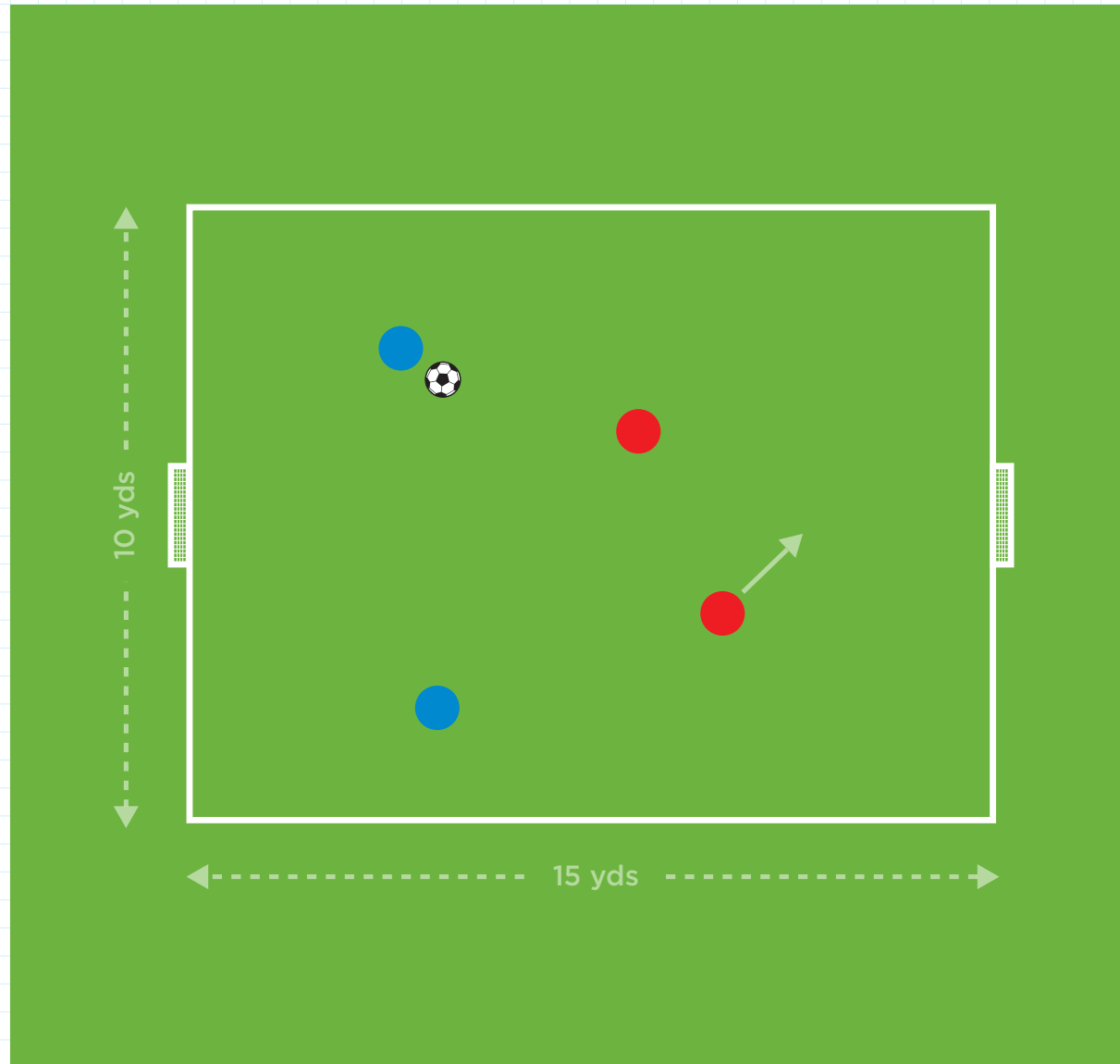
- Area 15x10yds, with small goals positioned at each end, as illustrated.
- 4 players arranged 2 Attackers v 2 Defenders, as shown in the diagram.
- Practice starts with: A's have ball & play 2v2, but D's drop one player back to cover goal/act as GK, creating 2v1.
- Objective of game is to score.
- If D's gain possession: they become A's & opponents have to drop 1 player back to goal, reversing the 2v1 situation
- Establish numerous 2v2's within the practice area to accommodate numbers, varying dimensions & shape of area to present different challenges for players.
- Players rotate around different areas to experience challenges.

Detail

- Size of area can be adjusted according to age & ability of players.
- In the flow of the game: roles will change frequently from A to D.
- Team gaining possession should assess whether a quick counter-attack is available, before opponents can recover player into goal.
- Communication & quick decisive action is necessary in this situation & should be encouraged.
- Simple progressions for this practice are:
 - D still drops off, but is not allowed to use hands as a GK.
 - Combine groups to create 4v4 situations, with same rules & boundaries.

Key coaching points

- Passing, movement & combination play to create space & release extra player.
- Quality of passing & pass selection.
- Individual dribbling & shielding skills.
- Timing & release of pass to extra player.
- Using extra player as decoy for disguise moves (e.g. feint to pass & dribble).



- Looking for penetrating pass behind D without being intercepted by GK/cover.
- When to pass off front foot & when to pass off back.
- Seeking opportunities & selecting appropriate methods to shoot & score.

- Effective individual defending.
- D's looking to play as a unit.
- Using side line as an extra defender.